

International Taekwon-Do Federation (ITF)

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ITF World Cup Tournament Rules



INTERNATIONAL TAEKWON-DO FEDERATION

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SECTION I – GENERAL

T 1. PURPOSE

The purpose of these rules is to elevate the quality of Taekwon-Do by scoring every aspect and to provide an equal opportunity for all participants to show the ultimate of their abilities in friendly competition with one another.

T 2. APPLICATION

These are to be applied at every World Cup. They apply to male and female except where stated otherwise.

T 3. OFFICIALS

The Juries, Referees, Judges, and Computer Assistants will be selected according to the rules of certified Umpires.

T 4. DUTIES

- a. One (1) Jury President will be seated at the Jury table during competition at all times and will be responsible for decisions as written in the Umpire rules.
- b. Five (5) Judges will be seated in a line at a distance of one (1) metre from the border of the ring, facing the competitors, during Pattern and Pre-Arranged Free sparring competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- c. One (1) Centre Referee will be inside the ring to control the match during Free Sparring.
- d. Four (4) Judges will be seated at a distance of one (1) metre from the corner of the ring during Free Sparring. They will assign points in accordance with their judgement based on the competition rules and regulations.
- e. Three (3) Judges shall officiate in Power and Special Technique competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- f. At least one (1) Jury member will be seated at the Jury table to assist the Jury President at all times.
- g. One (1) Computer assistant member, supplied and fully trained by the Organizing Committee will be seated at the Jury table at all times to keep match records.

T 5. COMPETITORS AND EVENTS:

- The World Cup is NOT an event for National Teams, therefore, only competitors whom are affiliated to their country's National Association or Allied Association will be permitted to register and compete at the World Cup, as a member of an associated club or school.
- NO NATIONAL, PROVINCIAL/STATE, OR REGIONAL TEAMS ARE PERMITTED TO REGISTER.
- Competitors shall compete in the divisions laid down in the following rules, and must be of the appropriate indicated age at the first day of the competition beginning.
- Competitors in all divisions must be healthy and registered with their National Associations.
- All competitors must apply online, through their NA and/or AA, indicating their ITF online ID number. This applies equally to Black Belts and Coloured Belts, as such all coloured belts must be registered in the ITF online system as well.

Competitors are divided into the following divisions:

Groups:

- i. Male
- ii. Female

Age Divisions:

Competitors **MUST** be the age listed in the categories below, as of the actual date of official weigh-in, and shall compete in the divisions laid down in the following rules.

	Age Divisions	Description
a.	12-14 years old	Pre Junior
b.	15-17 years old	Junior
c.	18-35 years old	Senior
d.	36-45 years old	Advanced Senior
e.	46 years and older	Veterans

Belt divisions:

Individual and/or Team:

- a. Coloured Belts - Blue and Red belts (combined in one division)
 - i. 12-14 years old
 - ii. 15-17 years old
 - iii. 18-35 years old
 - iv. 36-45 years old
 - v. 46 years and older

- b. Pre-Junior Black Belts
 - i. 12-14 years old – 1st, 2nd, 3rd Degree
- c. Junior Black Belts
 - i. 15-17 years old – 1st, 2nd, 3rd Degree
- d. Black Belts
 - i. 18-35 years old – 1st, 2nd, 3rd and 4th to 6th Degree
 - ii. 36-45 years old – 1st, 2nd, 3rd and 4th to 6th Degree
 - iii. 46 years and older – 1st, 2nd, 3rd and 4th to 6th Degree

Events:

- a. Individual Pattern
- b. Individual Sparring
- c. Team Pattern
- d. Team Sparring
- e. Individual Special Technique
- f. Individual Power Test (Black Belt Competition Only)
- g. Pre-arranged Free sparring (Black Belt Competition Only, 1st - 6th Degree)

T 6. DRESS REQUIREMENTS

- a. Officials must wear the dress requirements as laid down in the ITF Umpires rules.
- b. Dobok
 - i. Competitors must wear the “officially approved” ITF Dobok. (See Appendix 2. Approved Clothing - ITF World Cup)
 - ii. The Dobok shall have at the right sleeve (just above the elbow), and at the right pant (just above knee level), the ITF officially approved sponsor logo, measuring length 8 cm and height 5 cm.
 - iii. Personal Sponsorship on the ITF Dobok is allowed only on the left sleeve (measuring length 8 cm and height 5 cm). The Umpire Committee must approve all Personal Sponsorship. Personal Sponsorship approval must be applied for via written submission on the official Sponsorship Approval Form. All Sponsorship Approvals must be received by the Umpire Committee prior to the deadline indicated on the official tournament website.
 - iv. Female competitors may wear a white T-shirt under the Dobok jacket.
- c. Black Belts
 - iv. Junior Black Belt:
The Junior Black Belt must have a one (1) cm wide white stripe running horizontally along the entire length of the belt, from one end to the other. This stripe must be situated in the centre of the belt and must be visible on only one (1) face of the belt.
 - v. Senior Black Belt:
The Senior Black Belt is completely black.

- vi. Junior and/or Senior Black Belts must indicate the competitor's degree in Roman numerals and could indicate the competitors name at one side of the belt. The other side of the belt could indicate the name "International Taekwon-Do Federation", Taekwon-Do in Korean characters and/or the Taekwon-Do Tenets in Korean. The colour of the writing must be in gold.
- d. Competitors are allowed, when not performing, to wear normal sportswear such as tracksuits, training shoes, etc. however it is at the discretion of the ITF Tournament Committee.

For opening and closing ceremonies countries may wear the official ITF Dobok or the associations' official training suit, however, all team members should be dressed the same. At the medal awarding ceremony competitors must wear the ITF Dobok and/or National tracksuit.

N.B.: Drinking of alcoholic beverages or smoking whilst wearing the Dobok is prohibited.

T 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR

- a. Competitors **must** wear:
 - i. Red or blue coloured hand and feet safety equipment.
 - ii. Groin guards must be worn inside the Dobok trousers – males only.
 - iii. Red or Blue coloured head guard.
 - iv. Mouth guards being of a transparent colour.Safety equipment must be of an approved type and certified by the Board of Directors. Approved Equipment shall be indicated in the World Event official invitation letter and ITF website.
- b. Competitors **may**, optionally, wear the following:
 - i. Shin protectors.
 - ii. Breast protectors - for female only - and must be worn inside the Dobok jacket.
 - iii. Groin guards must be worn inside the Dobok trousers - females only.
- c. All protective safety wear must be of an approved type consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept for groin guards and breast protectors). The use of zip, lace or stud fasteners is forbidden.
- d. No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee.
- e. All competitors with injuries, which require bandaging, or strapping of any kind, must satisfy the Tournament Doctor of their need, and obtain approval of type before performing i.e. no pins or hard material can be worn.
- f. No jewellery, watches or other adornments may be worn. Hair may be kept in place using a material of a soft elastic nature only, no hard material, metal, grips or slides are allowed.

T 8. MEDICAL ATTENTION

The World Cup event must have a minimum of two (2) qualified Medical Doctors, two (2) ambulances with attendants, additional appropriate qualified First Aid personnel, and appropriate equipment in attendance at all times. Doctors' recommendations regarding competitors' further participation following injury must be adhered to.

T 9. INJURY LIABILITY AND INSURANCE – COMPETITORS

- a. All competitors must have valid insurance coverage in order to compete. The ITF Board of Directors, ITF Tournament Committee, ITF Umpire Committee, ITF Officials, and the hosting Organization will not be held responsible for any injury, loss, or eventuality incurred during the event.
- b. The cost of accident insurance, treatment, and third-party insurance of the competitors is the responsibility of the National Association. The host of the event has the responsibility to obtain appropriate accident insurance and third party insurance for the tournament.

T 10. INSURANCE – FOR EVENT

All hosts must ensure that the event booked has all the necessary public liability insurance, fire certificates and Government licences that are all required to host such events in their locality.

T 11. RING SIZE

- a. All rings must be covered with an approved jigsaw type mat.
- b. For Sparring, the competition ring will consist of an 8 by 8 metres matted playing surface, and must have an additional one (1) metre wide (minimum) safety perimeter of a contrasting colour of mat, delineating the border between “In Play” and “Out of Play”.
- c. For Pattern and Pre-Arranged Free Sparring competition, the ring will consist of a 10 by 10 metres matted playing surface. There will be 8 by 8 metres of mat of one colour, surrounded by a one (1) metre wide perimeter of a contrasting colour of mat. All areas of mat are “In Play”.
- d. For Power Test and Special Technique, the ring size will consist of appropriate size matted playing surface for safe and equitable competition. Dimensions and layout will be decided and approved by both the ITF Tournament and ITF Umpire Committees.
- e. The elevated centre ring will consist of a 14 x 14 metres (minimum) matted playing surface, with a minimum height of 50 cm, and maximum height of one (1) metre. Actual playing area dimensions will be in accordance with the above noted events, with the extra safety perimeter area being of a contrasting colour of mat, delineating the border between “In Play” and “Out of Play”.
- f. Lighting must not be lower than five (5) metres above the elevated centre ring.
- g. The official Jury table must be located in front of, and at the same level of, the ring.

T 12. RESULT RECORDING

All tournaments will have several forms of visual display of results for the benefit of participants and audience. In general, results should be shown as often as possible so as to enable the competitors to follow the course of the event whilst it is in progress.

T 13. DELEGATES

A delegate of the individual, school and/or team may be any person authorised by the National Association. A delegate registers the competitors, submits the documents, lodges complaints and co-operates with the other officials at the competition.

T 14. COACHES

- a. For any individual and/or team competition, one (1) coach only must be present at the ringside, seated in the designated coach's chair.
- b. Coaches must wear a training suit, gymnastic shoes and carry a towel.
- c. Coaches are not allowed to wear bag packs and/or other non Taekwon-Do items in the competition area.
- d. Coaches must remain seated, at least one (1) metre outside of the playing area of the competition ring.
- e. Coaches must not interfere in the competition with action or words.
- f. Coaches are the only persons allowed to present an official protest.
- g. Failure to abide by the above mentioned may render the coach liable to be removed from his advisory position. The Tournament & Umpire Committee shall decide the time and duration of removal.
- h. A removed coach must be replaced by another coach, or by a competitor wearing a coach's outfit, within a two (2) minute time limit.
- i. If another coach is not present within the two (2) minute time period the competitor shall be disqualified.

T 15. AWARDS (Male and Female)

- a. **Individual**
1st, 2nd and two (2) 3rd place winners are awarded with medals.
- b. **Team**
1st, 2nd and two (2) 3rd place winners are awarded with medals.
- c. **Best Country, School or Club**
In order to determine the Overall Classification, all points from both Individual and Team events (Male and Female) will count.
- d. In the case of Team Events, final placing will be counted as a single medal and not multiplied by 6 (for the team members). For example, the 1st place team in Team Patterns will have only one Gold medal added to their overall medal count, and not six (6).
- e. The countries, schools or clubs that earn the highest number of medals (The 1st, 2nd and 3rd highest medal counts) will be awarded with one trophy.
- f. Only Gold medals will count towards the Overall Team Winner. Only points gained in Team events shall count for Overall Team Winner. However, in the event of two or more teams having the same number of Gold medals then the Silver and the Bronze medals will count in determining the Overall Team Winner.

- g. In the event that this also results in a tie then there will be no Overall Team Winner.

T 16. OFFICIAL TERMINOLOGY

a.	CHA RYOT	ATTENTION
b.	KYONG YE	BOW
c.	JUN BI	READY
d.	SHIJAK	BEGIN
e.	HAECHYO	SEPARATE
f.	GAESOK	CONTINUE
g.	GOMAN	END
h.	JU UI	WARNING
i.	GAM JUM	DEDUCTING POINTS
j.	SIL KYUK	DISQUALIFICATION
k.	HONG	RED
l.	CHONG	BLUE
m.	JUNG JI	TIME STOP
n.	DONG CHON	DRAW
o.	IL HUE JONG	FIRST ROUND
p.	I HUE JONG	SECOND ROUND
q.	SAM HUE JONG	THIRD ROUND
r.	SUNG	WINNER

T 17. DIVISION OF COMPETITION

Competition is divided into INDIVIDUAL and TEAM match, with the following events:

- a. Individual Events:
 - i. Patterns
 - ii. Sparring
 - iii. Power Test
 - iv. Special Technique
- b. Team Events:
 - i. Team Patterns
 - ii. Team Sparring
 - iii. Pre-Arranged Sparring

The winners of the Individual Pattern, Individual Sparring, Team Patterns, Team Sparring and Pre-Arranged Sparring events will be decided according to the pyramid system of elimination.

The winners of the Power Test and Special Technique events will be determined by the highest points obtained.

N.B.: Individual competitors may enter all events.

TEAM

Team match is divided into:

- b. Pattern
 - i. Male
 - ii. Female
- c. Sparring
 - i. Male
 - ii. Female
- d. Pre-Arranged Sparring
 - i. Male
 - ii. Female

Each team may perform in Patterns, and/or Sparring, and/or Pre-Arranged Sparring.

In the Team Sparring event, competitors may be of any weight.

T 18. COMPETITORS NUMBERS – INDIVIDUAL AND TEAM

INDIVIDUAL

- a. Any number of individual competitors may enter each event.
- b. These competitors may be individuals or team members.
- c. Competitors must compete in their designated age category for all divisions, and are not permitted to compete in either a higher or lower age category at any time. For example, if a competitor is registered as a junior, they cannot compete as a member of the senior team.
- d. Competitors must compete only in their designated rank division and are not permitted to compete in either a higher or lower rank division.
- e. Competitors may compete for only one (1) club/school as registered. Competitors are not permitted to compete for more than one (1) club/school, or for different clubs/schools in different divisions.

TEAM

Each team may consist of and present a maximum of ten (10) competitors, which we call team members. (Out of those members a team needs to select, for each team event, its official members, complying with the minimum mentioned below. Pre-Arranged sparring team members need not to be selected out of these team members), and must also consist of and present the minimum numbers of competitors per event as listed below. Teams may also optionally present one (1) additional reserve competitor.

- a. Team Patterns:
Five (5) competitors must compete in Pattern competition.
- b. Team Sparring:
A minimum of three (3) competitors, and a maximum of five (5) competitors, must compete in Sparring competition.

- c. At the beginning of each team match, the coach MUST present the appropriate number of Competitor ID Cards (one for each competitor that is to compete in that particular team match).
- d. Once the Competitor ID Cards have been presented for a particular match, then NO changes to the members of that team are permitted during that match.
- e. Teams are free to change the members of the team from one match to the next (so long as all members are drawn from the originally presented list of 10 competitors)
- f. Competitors may compete for only one (1) team, per event.
(For example, a competitor may not compete for Team "Integrity" and then compete again for Team "Perseverance".

T 19. ORDER OF MATCH

The order of competition is subject to time requirements, and the overall schedule of the tournament.

T 20. DRAW FOR ORDER OF COMPETING

- a. Competitor placement on the event/division draw sheet, and all byes will be decided by random computer draw.
- b. First and second place winners from the previous World Cup will be placed in separate halves (top and bottom) of the pyramid draw sheet respectively.
- c. The competition draw will be held a minimum of 48 hours prior to the event and the draws will be available on the ITF website.
- d. One (1) copy of the entire draw shall be given to each country present at the coach's meeting.

T 21. WEIGHT CHECK

The first weight check will be within 24 hours prior to the beginning of the competition. Competitors not making their weight at the first weigh in shall have one (1) hour time to present themselves for the second and last weigh in. If he/she does not make weight at this time, he/she shall be removed from the sparring category and shall not be allowed to enter any other weight category.

T 22. ANNOUNCEMENTS

According to the tournament schedule, announcements will be made as to which square an event will take place. It is the responsibility of the competitor/team to be close to the square so they may compete without delay when called. They will be called to the red or blue side of the square and must have ready all required equipment (i.e., safety equipment).

Should the competitor(s) not come forward immediately, their name and/or country will be called a second time. Should the individual/team not present themselves in the square within one (1) minute from the time of the second call, they will be disqualified.

T 23. EQUIPMENT CHECK

Competitors' dobok and/or equipment check will take place outside of the square to ensure that they are of an officially approved type and that they are not defective.

Competitors MUST present themselves at the ring when called, AND BE IN POSSESSION OF AND WEARING, the appropriate colour of safety equipment, in accordance with their position on the draw sheet.

Should any item(s) not be satisfactory then they must be changed. The competitor/team has a maximum of three (3) minutes to change what is requested, following which he/she/they will be disqualified and the match points awarded to the opponent where appropriate.

T 24. COURTESY

Competitors must at all times bow to the Jury and also to each other at the beginning and end of each performance/match.

SECTION II - PATTERN

T 25. GROUPS

- a. Male
- b. Female.

T 26. ELIMINATIONS – INDIVIDUAL

- A. The pyramid system of elimination will be used.
 - a. Coloured Belt competitors will compete 1 to 1 and will perform simultaneously one (1) **Optional Pattern**. (Appropriate to their rank: see Article 27).
 - b. Black Belt Competitors will compete 1 to 1 and will perform simultaneously one (1) **Designated Pattern**. (Appropriate to their degree: see Article 27).
 - c. The Judges will choose the best competitor to go forward to the next round.
- B. In the event that two competitors clash (come into contact) during the performance of their pattern, the competitor that is found to be responsible for the clash will receive a score of zero (0) points for that pattern.
- C. Competitors must begin their patterns horizontally in line with one another with the exception of pattern Ul-Ji, where the Red Competitor (HONG) **must** begin their pattern one (1) meter closer to the judge's table.

T 27. PERFORMANCE AND DECISIONS – INDIVIDUAL

- a. **Coloured Belts**
 - 4thGup will compete with the Optional Pattern being any one from CHON-JI to Joong-Gun,
 - 3rd Gup will compete with the Optional Pattern being any one from CHON-JI to Toi-Gye,
 - 2nd Gup will compete with the Optional Pattern being any one from CHON-JI to Hwa-Rang,
 - 1stGup will compete with the Optional Pattern being any one from CHON-JI to Choong-Moo.
- b. **Black Belts**
 - 1stdegree will compete with 1stdegree with the Designated Pattern being any one from CHON-JI to GE-BAEK.
 - 2nd degree will compete with 2nddegree with the Designated Pattern being any one from CHON-JI to JUCHE.
 - 3rddegree will compete with 3rddegree with the Designated Pattern being any one from CHON-JI to CHOI-YONG.
 - 4th, 5th and 6th degree will compete with 4th, 5th and 6th degree with the Designated Pattern being any one from CHON-JI to MOON-MOO.

In individual matches the following decisions will apply:

The competitor obtaining the majority of Umpire votes, with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and advance to the next round of competition.

In the event of a tie:

- a. Competitors will perform an additional Designated Pattern as selected by random draw of the computer, until the winner is decided.
- b. The additional designated pattern shall be a pattern appropriate for their rank, (see Article 27), which has not yet been performed.
- c. In the event of a tie between coloured belts of differing ranks, the designated pattern will be chosen from patterns Chon-Ji, up to and including the highest pattern appropriate, which has not yet been performed, for the competitor holding the lowest rank in that match. (See Article 27).
- d. In the event of a continued tie, the same process will continue until all patterns appropriate to that rank, in accordance with Article 27, have been performed.
- e. If a further tie continues, the computer will randomly select and addition designated pattern from those already performed, appropriate to that rank, in accordance with article T 27, until the winner is decided.

T 28. ELIMINATION – JUNIOR AND SENIOR – TEAM

- a. The pyramid system of elimination will be used.
- b. The judges will choose a winner to advance to the next round.
- c. In case of a draw, another Optional Pattern must be performed until a winner has been declared.

T 29. PERFORMANCE AND DECISIONS – TEAM

- a. Each Team of five (5) competitors must perform together one (1) Optional Pattern. The Optional Pattern being any from CHON-JI to GE-BAEK.
- b. Team members may perform movements individually, or together, as they choose, but it must be seen to be teamwork. For example: one team member may not perform moves of the Pattern on his own without the other team members following in unison.
- c. Teams must prepare their entrance and exit to the ring by lining up at the border of the ring, facing the Umpires. The marching in and out the ring is NOT part of the choreography and no points will be given for this.

T 30. OFFICIALS FOR PATTERN DIVISION

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, and five (5) Referees.

SECTION III - SPARRING

T 31. DIVISIONS

INDIVIDUAL

(A) Male and Female groups.

(B) Weights

<u>12-14 years old</u>	
Male	Female
Up to 45 kg	Up to 38 kg
Over 45 to 52 kg	Over 38 to 45 kg
Over 52 to 60 kg	Over 45 kg
Over 60 kg	

<u>15-17 years old</u>	
Male	Female
Up to 50 kg	Up to 45 kg
Over 50 to 56 kg	Over 45 to 50 kg
Over 56 to 62 kg	Over 50 to 55 kg
Over 62 to 68 kg	Over 55 to 60kg
Over 68 to 75 kg	Over 60 to 65 kg
Over 75 kg	Over 65 kg

<u>18-35 years old</u>	
Male	Female
Up to 57 kg	Up to 50 kg
Over 57 to 63 kg	Over 50 to 56 kg
Over 63 to 70 kg	Over 56 to 62 kg
Over 70 to 78 kg	Over 62 to 68 kg
Over 78 to 85 kg	Over 68 to 75 kg
Over 85 kg	Over 75 kg

36-45 years old	
Male	Female
Up to 68 kg	Up to 55 kg
Over 68 to 78 kg	Over 55 kg
Over 78 kg	
46 years and older	
Male	Female
Up to 68 kg	Up to 55 kg
Over 68 to 78 kg	Over 55 kg
Over 78 kg	

Individual Sparring categories must consist of at least two (2) competitors. In the event that a category has only one competitor, that competitor will be moved to another category.

TEAM

JUNIOR AND/OR SENIOR – TEAM

- a. Each Sparring Team (Male and/or Female) must consist of a minimum of three (3), and a maximum of five (5) competitors and may have one (1) optional reserve.
 - i. Coloured Belts must compete with Coloured Belts.
 - ii. Black Belts must compete with Black Belts.
 - a. Black Belts may be of any degree from 1st to 6th
- b. Team Members may be of any weight division.
- c. Age classes cannot be combined. *See Rule T5.
- d. In a case that a team consists of only three (3) competitors, then they will forfeit eight (8) judge's decisions.
- e. In a case that a team consists of only four (4) competitors, then they will forfeit four (4) judge's decisions.

T 32. DURATION OF BOUTS AND DECISIONS

- a. **Individual**
 - i. Individual Elimination Bout (Coloured Belt categories) will be one (1) round of two (2) minutes duration.
 - ii. Individual Elimination Bout (Black Belts categories) will be (1) round of three (3) minutes duration.
 - iii. Individual Final Bout (Coloured Belts) will be one (1) round of two (2) minutes.

- iv. Individual Final Bouts (Black Belts) will be two (2) rounds of two (2) minutes duration with a one-minute break between rounds.
 - v. In the case of a draw, a further one (1) minute round will take place.
 - vi. If this results in a further draw then the first scored point assigned by at least two (2) Referees at the same split second will decide who the winner is.
- b. Team**
- i. Each team bout will be one (1) round of two (2) minutes.
 - ii. In team matches the total judges decisions from the five (5) bouts shall be counted. However when all five (5) bouts are finished and the result is a draw then each coach will select one (1) competitor to spar an extra bout of two (2) minutes. The team whose competitor wins this bout will be the winner.
 - iii. If at this time it results in a further draw then the first scored point assigned by at least two (2) Referees at the same split second will decide who the winner is.

T 33. TARGET AREA

- a. Head:
 - i. At the front, sides, and top of the head, but not at the back.
 - ii. Excluding the neck.
- b. Trunk of the body:
 - i. From shoulder to navel vertically
 - ii. From a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

T 34. POINT AWARDS

- a. One (1) point will be awarded for any legal hand attack directed to mid or high section.
- b. Two (2) points will be awarded for any legal foot attack directed to mid section.
- c. Three (3) points will be awarded for any legal Foot attack directed to high section.

T 35. LIGHT CONTACT SCORING PROCEDURE SYSTEM

In competition a technique is valid according to a light contact system if:

- a. Executed correctly.
- b. Dynamic (i.e., it is delivered with strength, purpose, speed and precision.)
- c. Controlled on the target.

T 36. MINUS POINTS/FOULS

One point will be deducted for the following offences:

- a. Heavy contact.

- b. Attacking a fallen opponent.
- c. Leg sweeping.

- d. Holding/grabbing.
- e. Intentional attack to a target other than mentioned in art. T33.
- f. Unsportsmanlike Conduct*

* To include any action take by a competitor that shows disrespect, lack of following directions or other unacceptable behaviours towards umpires, officials, or other competitors, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring/manipulation of time, inappropriate behaviour/language....)

T 37. WARNINGS

Warnings will be assigned for the following offences:

- a. Pretending to have scored a point by raising one or both arms.
- b. Stepping completely out of the ring (both feet).
- c. Falling down, whether intentional or not (i.e. any part of the body, other than the feet, touching the ground).

- d. Faking a blow, pretending to be injured to gain an advantage.
- e. Intentionally avoiding sparring.
- f. Adjusting equipment during the bout without the consent of the Centre Referee.
- g. Unintentional attack to a target other than mentioned in art. T33.
- h. Pushing with either the hands or body

The sum of three (3) warnings automatically results in the deduction of one (1) point

N.B. If a competitor is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The competitor who pushed shall receive a warning.

T 38. DISQUALIFICATION

- a. Misconduct against officials or ignoring instructions.
- b. Uncontrolled or excessive contact.
- c. Receiving three (3) minus points/fouls directly given by the Centre Referee.
- d. Being under the influence of alcoholic beverages or drugs.

- e. Loss of temper.
- f. Insulting an opponent, coach, and/or official.
- g. Biting, scratching.
- h. Attacking with the knee, elbow or forehead.
- i. Being negatively responsible for causing a loss of consciousness

(See article T. 39)

N.B.: A competitor that insults an opponent, coach or official will be disqualified from the rest of the competition.

T 39. INJURY

- a. When a competitor is injured, the Centre Referee must stop the match and call the Doctor. There will be a total of three (3) Minutes of time allowed per **MATCH**, for the doctor to diagnose, treat the wound and decide about the match and competitor continuation.

Note: The three-minute injury time will begin at the moment the doctor is in front of the injured competitor, and will end when the doctor departs. This amount of time will be recorded, and if the doctor is called again to the same match, the injury clock will resume counting down from the last point. Any competitor requiring more than three (3) minutes total accumulated time of medical attention during a match will not be allowed to continue and will forfeit the match.

- b. When a competitor cannot compete anymore because of the Doctor's decision and according to the decision of the Ring Council (Jury President, Centre Referee and Corner referees)
 - i. He/she is the winner if his/her opponent is responsible.
 - ii. He/she is the loser if his/her opponent is not responsible.
- c. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision.
- d. A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition.
- e. If two competitors injure themselves at the same time and both are unfit to fight according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.

N.B. A competitor that **is negatively responsible for causing a loss of consciousness or causing a concussion in sparring competition may be disqualified.** The unconscious or concussed competitor shall not be able to compete again during the whole event, and as such will forfeit any remaining matches or events.

T 40. BOUT PROCEDURE – INDIVIDUAL AND TEAM

- a. **INDIVIDUAL**
 - i. Sparring competitors will commence the bout on the start positions, each with a red or blue pair of hands, feet and head equipment to differentiate between them. Mouth protection gear of a transparent colour must be worn at all times. At the command of the Centre Referee the competitors bow in turn to the Jury table, Centre Referee and then to each other.
 - ii. The Centre Referee will then start the Light Contact Sparring with the command "SHI-JAK" and the competitors will continue to spar until the Referee issues the command "HAECHYO".

- iii. At this point the competitors will cease to spar, and will remain where they are until restarted.
- iv. An audible signal of time will end the round and/or bout. The reverse order of bowing will ensue and the result will be declared.
- v. In a draw situation, warnings and/or minus points are not carried forward.
- vi. If a competitor leaves the ring they must re-start one (1) metre inside the ring.

b. **TEAM**

- i. The bout procedure for team sparring will be the same as that for individual sparring.
- ii. A coin will be tossed between the two (2) coaches to determine which team sends its first competitor into the ring.
- iii. The teams must then alternate.

T 41. TIMING

On the first “Shi-Jak” (Start) command from the Centre Referee the timekeeper starts the clock until full time, unless the Centre Referee calls for a “Time Out” by saying “Jung-Ji”. At this time the timekeeper stops the clock until the next “Gae-Sok” (Continue) command is given.

T 42. OFFICIALS FOR SPARRING COMPETITION

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, one (1) Centre Referee and four (4) Corner Referees.

SECTION IV – POWER

T 43. DIVISIONS

Male and Female Groups.

POWER BREAKING IS FOR BLACK BELTS (1st – 6th Degree) ONLY

Age Division

- A. 18 years and above

POWER BREAKING			
HAND TECHNIQUES		FOOT TECHNIQUES	
KOREAN	ENGLISH	KOREAN	ENGLISH
(Ap Joomuk Jirugi)	Forefist Front Punch	(Yop Chagi)	Side Kick
(Sonkal Taerigi)	Knifehand Strike	(Dollyo Chagi)	Turning Kick
(Dung JoomukJ irugi)	Backfist Strike	(Dwit Chagi)	Back Kick
(Sonkal Dung Taerigi)	Reverse Knifehand Strike	(Bandae Dollyo Chagi)	Reverse Turning Kick

T 44. PROCEDURE – INDIVIDUAL

INDIVIDUAL

- a. Competitors must choose: one (1) hand technique, and one (1) foot technique from the above noted list of techniques.
- b. Competitor must announce their choice of technique to the Centre Referee prior to beginning the bout.
- c. The winners will be decided by the highest total accumulated score for both hand and foot techniques.
- d. Machines designed for the specific test will be used.
- e. The number of official plastic boards for each item will be indicated in the Championships Official Invitation. Boards shall be the white, plastic boards of the official ITF Supplier.
- f. Machines shall have a range of a minimum and maximum initial height that shall be written in the official championships invitation.
- g. Is permitted to step forward, to slide, skip and or jump.
- h. A forearm guarding block must be adopted before and after each attempt to break the board(s).
- i. For Sonkal Taerigi the strike may be either inward or outward.
- j. Each competitor is allowed a total of one (1) minute to set the correct heights for both breaking techniques.

The following procedure shall take place:

- a. After a red flag signal by the referee, each competitor has two (2) minutes to attempt to bend or separate the board(s) of the two (2) chosen breaking items from the listed which must include one (1) pre-judgement of distance with one (1) touch allowed, followed by the attempt to break the board(s).
- b. Competitors that exceed the prescribed time shall receive 0 points for any item not yet performed
- c. A forearm guarding block ready posture must be adopted before and after the attempt to break the board.
- d. Referees may disallow an attempt for failure to maintain the following.
 - i. Correct balance and posture throughout the attempt.
 - ii. Use of the correct attacking tool in the correct manner.
- e. Referees must examine each board before each attempt.
 - i. Each separated board will count as three (3) points
 - ii. Each bent board will count as one (1) point.
- f. The four highest scores, combined from the two (2) performed techniques, will determine 1st, 2nd, and two (2) 3rd place winners. Only in the event that two (2) or more competitors tie for third place with the same total score, in the same round of breaking, will there be two 3rd place winners.
- g. In the event of a tie the Jury President will randomly draw one item from the list of eligible techniques to be the tiebreaker.
 - i. The Jury President will decide how many boards are to be used.
 - ii. The competitors will perform the chosen technique according to the procedures above.
 - iii. In the case of a further tie, this procedure will continue until a winner is found.

N.B.: Competitors that did not score any points at their first attempt during the match will not be allowed to continue the power breaking competition to determine any place and will not receive any medal.

T 45. OFFICIALS FOR POWER

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, and three (3) Referees.

SECTION V – SPECIAL TECHNIQUE

T 46. DIVISIONS

- Male and Female Groups.

Age Divisions	Description
a. 12-14 years old	Pre Junior
b. 15-17 years old	Junior
c. 18-35 years old	Senior
d. 36-45 years old	Advanced Senior
e. 46 years and older	Veterans

- Belt Categories
 - Coloured Belt (Blue and Red Belt in one division)
 - Black Belt - 1st - 6th Degree

SPECIAL TECHNIQUE

Korean	English
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick

T 47. PROCEDURE - INDIVIDUAL

- a. A machine designed for the specific test will be used.
- b. The heights of the target for each item will be indicated in the Championships Official Invitation. Heights are measured from the ground to the bottom edge of the target board.
- c. After a red flag signal of the referee, each competitor has sixty (60) seconds for each item in order to pre-judge the distance – compulsory, with no touch allowed, followed by the attempt to move the board.
- d. Competitors that exceed the prescribed time, or touch board during their pre-judging shall receive 0 points
- e. A forearm guarding block ready posture must be adopted before and after the attempt to move the board.
- f. Referees may disallow a break for failure to maintain the following:
 - i. Use of the correct attacking tool in the correct manner.
 - ii. Knocking down the obstacle when performing Twimyo Nopi Yop Cha Jirugi
 - iii. Falling down (i.e. any part of the body, other than the feet, touching the ground).

- g. Referees must examine each board before each attempt.
 - i. Each fully moved board will count as three (3) points
 - ii. Each half moved board will count as one (1) point.
- h. The four highest scores, combined from the two (2) performed techniques, will set 1st, 2nd, and two (2) 3rd place winners. Only in the event that two (2) or more competitors tie for third place, with the same total score, in the same round of jumping, there will be two 3rd place winners.
- i. In the event of a tie the Jury President will select one item from the list by drawing to be the tie -breaker. He/She will decide how high the jump will be. The tied competitors will then carry on until the places are decided.

N.B.: Competitors that did not score any point(s) at their first attempt during the match will not be allowed to continue the special technique competition to determine any place and will not receive any medal.

T 48. OFFICIALS FOR SPECIAL TECHNIQUES

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, and three (3) Referees.

SECTION VI – PRE-ARRANGED FREE SPARRING

T 49. DIVISIONS

- Male Only or Female Only
- Black Belt 1st – 6th Degree Only

Age Divisions	Description
a. 12-14 years old	Pre Junior
b. 15-17 years old	Junior
c. 18-35 years old	Senior
d. 36-45 years old	Advanced Senior
e. 46 years and older	Veterans

T 50. PROCEDURE

- Each Team shall consist of two (2) participants that follow a prepared scenario, which enables them to skilfully exhibit a wide variety of techniques without fear of injury.
- Each Team shall perform one at a time and the Referees shall assign points from 0-10 according to the performance, taking into consideration the following criteria:
 - Technical Content.
 - Teamwork, Choreography and Difficulty.
 - Power.
- Execution of up to, but not more than, a total of three (3) acrobatic sequence of technique per team.
- Both competitors must assume an L-Stance guarding block.
- At the command “Shi-Jak” by one of the competitors, the bout time will start.
- The bout ends with a final blow and when one of the competitors shouts “Goman”, at the same time he/she assumes an L-stance guarding block.
- In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.

Teams shall compete according to the following rules and regulations:

- Pre-Arranged free sparring shall consist of movements as shown in the ITF Encyclopaedia, Manuals or CD ROM, and as taught during the International Instructor Courses.
- Attacking techniques must be blocked and/or avoided and must be performed with realism. No unblocked contact is permitted with exception of a final incapacitating attack.
- Teams may be Black Belts from 1st to 6th degree, and must be only Male or only Female.
- Bout duration shall consist of one (1) round: minimum sixty (60) seconds, maximum seventy-five (75) seconds.

- e. Teams that perform less than the required minimum of sixty (60) seconds shall receive zero (0) points.
- f. Teams that exceed the seventy-five (75) seconds duration of bout shall receive zero (0) points.
- g. Protective equipment may be worn as written in art.T.7.a. Point ii and T.7. b.
- h. Each Team of Competitors may perform up to, but not more than, a total of three (3) acrobatic sequences of technique, (Techniques that are not part of the Taekwon-Do syllabus), during the bout.
- i. Teams performing more than three (3) acrobatic sequences of technique during the bout shall receive zero (0) points.
- j. In the case of a draw an extra bout must be performed until the places are decided.

T 51. OFFICIALS FOR PRE-ARRANGED FREE SPARRING

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, and five (5) Referees.

SECTION VII – DISPUTE PROCEDURE

T 52. PROTEST

- a. Protests can be presented ONLY by the coach, and ONLY when there is an apparent violation of the official rules.
- b. Each protest must be written in the ENGLISH language, on the official protest form, and presented to the Chairman of the Umpire Committee within five (5) minutes from the end of the match.
 - i. The protest must be precise and circumstantial and must be accompanied by a tax that will be fixed by the Tournament Committee at the beginning of each tournament, in order to limit such protests to cases where decisions are really questionable.
 - ii. Only in cases where the Umpire Committee positively accepts the protest will the tax will be returned to the coach.
- c. The Umpire Committee will then examine the circumstances of the protest and will decide either:
 - i. To validate the match
 - ii. To repeat the match
 - iii. To assign the victory of the match to the loser
 - iv. To disqualify both competitors.
- d. In case of a protest the winner cannot compete again before the decision of the Umpire Committee has been made.

T 53. DECISIONS

- b. In order to give a decision the Umpire Committee may call on any individual they desire to give evidence concerning the protest.
- c. On reaching a decision the Umpire Committee will notify all parties concerned of this decision.
- d. The Umpire Committee will at all times base their decision on the rules laid down in this document and their decision cannot conflict with the rules of this document.

T 54. DISQUALIFICATION

Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Tournament Committee may, at their discretion, have the whole team, school or club or the individual, disqualified from all further events at the championship.

The Tournament Committee will consider the matter at a later date with a view to further action being taken.

T 55. TEAM/COMPETITOR WITHDRAWAL

In case of teams or individuals withdrawing from the championship as a protest then the following will result:

- a. Automatic disqualification from that event which means no placing for that event, and therefore no medals.
- b. Automatic disqualification from all further events at the championship.
- c. Further disqualification from further events as decided by the ITF Disciplinary Committee and the ITF Board of Directors.

T 56. ITF ANTI – DOPING CONTROL

Doping control will be in accordance with ITF Anti Doping Rules and WADA Anti Doping Policy.

T 57. UNEXPECTED EVENTS

The Tournament Committee shall make a decision in the case of any unexpected or unique event that may appear, and is not indicated in the Tournament Rules.

T 58. ITF TOURNAMENT COMMITTEE

The ITF Tournament Committee consists of the ITF Tournament Chairman, and two (2) to four (4) members. Both the Chairman, and the members of the committee are appointed by the ITF Board of Directors.

T 59. ITF UMPIRE COMMITTEE

The ITF Umpire Committee consists of the ITF Umpire Chairman, and two (2) to four (4) members. Both the Chairman, and the members of the committee are appointed by the ITF Board of Directors.

T 60. COPIES OF RULES

A copy of the ITF Tournament Rules must be present at all tournaments and be accessible to all competitors and officials.

T 61. IMPLEMENTATION

April 1, 2009, Rome, Italy,

- Amended January 1, 2010
- Amended November 1, 2011
- Amended February 1, 2014
- Amended June 30, 2015
- Amended December 5, 2015
- Amended March 22, 2016

Under the Authority of the ITF Tournament Committee and ITF Umpire Committee